

TARIFF



CP Tariff in Euro

CATEGORY	OCTOBER to MARCH		AUGUST to SEPTEMBER		APRIL to JULY	
	Double	Single	Double	Single	Double	Single
A/C Superior Deluxe	91	83	61	55	55	50
Non A/C Superior Deluxe	79	72	50	45	44	40
A/C Deluxe	73	66	50	45	44	40
Non A/C Deluxe	61	55	39	35	33	30
A/C STD Deluxe	48	44	33	30	33	30
Non A/C STD Deluxe	36	33	22	20	22	20

MAP Tariff in Euro

CATEGORY	OCTOBER to MARCH		AUGUST to SEPTEMBER		APRIL to JULY	
	Double	Single	Double	Single	Double	Single
A/C Superior Deluxe	123	98	90	69	84	64
Non A/C Superior Deluxe	111	87	79	59	73	54
A/C Deluxe	105	82	79	59	73	54
Non A/C Deluxe	93	71	68	49	62	44
A/C STD Deluxe	80	60	62	44	62	44
Non A/C STD Deluxe	68	49	51	34	51	34

AP Tariff in Euro

CATEGORY	OCTOBER to MARCH		AUGUST to SEPTEMBER		APRIL to JULY	
	Double	Single	Double	Single	Double	Single
A/C Superior Deluxe	155	115	119	84	113	79
Non A/C Superior Deluxe	143	104	108	74	102	69
A/C Deluxe	137	98	108	74	102	69
Non A/C Deluxe	125	87	97	64	91	59
A/C STD Deluxe	112	76	91	59	91	59
Non A/C STD Deluxe	100	65	80	49	80	49

NB: Taxes as per Govt. rules. Luxury tax 12.50% Service tax 7.42%. | Extra Bed 22 EURO on CP (non commissionable)
 Extra bed 28 EURO on MAP (non commissionable) | Extra Bed 34 EURO on AP (non commissionable) | Check in 12 noon /Check out 11.00 am

CONDITIONS

Hotel bills are to be settled every week. Treatment charges are to be paid after consultation. 25% of tariff should be paid in advance for confirmation. The advanced amount will not be refunded if reservation cancelled 30th day or less prior to arrival.

REJUVENATION THERAPY

CATEGORY	OCTOBER to MARCH				AUGUST to SEPTEMBER				APRIL to JULY			
	7 Nights		14 Nights		7 Nights		14 Nights		7 Nights		14 Nights	
	Double	Single	Double	Single	Double	Single	Double	Single	Double	Single	Double	Single
A/C Superior Deluxe	1841	1239	3682	2478	1470	938	2940	1876	1421	896	2842	1792
Non A/C Superior Deluxe	1743	1141	3486	2282	1379	854	2758	1708	1330	819	2660	1638
A/C Deluxe	1694	1092	3388	2184	1379	854	2758	1708	1330	819	2660	1638
Non A/C Deluxe	1589	1001	3178	2002	1288	777	2576	1554	1239	735	2478	1470
A/C STD Deluxe	1484	910	2968	1820	1239	735	2478	1470	1239	735	2478	1470
Non A/C STD Deluxe	1379	819	2758	1638	1148	651	2296	1302	1148	651	2296	1302

BODY PURIFICATION

CATEGORY	OCTOBER to MARCH				AUGUST to SEPTEMBER				APRIL to JULY			
	7 Nights		14 Nights		7 Nights		14 Nights		7 Nights		14 Nights	
	Double	Single	Double	Single	Double	Single	Double	Single	Double	Single	Double	Single
A/C Superior Deluxe	1841	1239	3682	2478	1470	938	2940	1876	1421	896	2842	1792
Non A/C Superior Deluxe	1743	1141	3486	2282	1379	854	2758	1708	1330	819	2660	1638
A/C Deluxe	1694	1092	3388	2184	1379	854	2758	1708	1330	819	2660	1638
Non A/C Deluxe	1589	1001	3178	2002	1288	777	2576	1554	1239	735	2478	1470
A/C STD Deluxe	1484	910	2968	1820	1239	735	2478	1470	1239	735	2478	1470
Non A/C STD Deluxe	1379	819	2758	1638	1148	651	2296	1302	1148	651	2296	1302

SLIMMING PROGRAMME

CATEGORY	OCTOBER to MARCH				AUGUST to SEPTEMBER				APRIL to JULY			
	21 Nights		28 Nights		21 Nights		28 Nights		21 Nights		28 Nights	
	Double	Single	Double	Single	Double	Single	Double	Single	Double	Single	Double	Single
A/C Superior Deluxe	5523	3717	7364	4956	4410	2814	5880	3752	4263	2688	5684	3584
Non A/C Superior Deluxe	5229	3423	6972	4564	4137	2562	5516	3416	3990	2457	5320	3276
A/C Deluxe	5082	3276	6776	4368	4137	2562	5516	3416	3990	2457	5320	3276
Non A/C Deluxe	4767	3003	6356	4004	3864	2331	5152	3108	3717	2205	4956	2940
A/C STD Deluxe	4452	2730	5936	3640	3717	2205	4956	2940	3717	2205	4956	2940
Non A/C STD Deluxe	4137	2457	5516	3276	3444	1953	4592	2604	3444	1953	4592	2604

STRESS MANAGEMENT (Body, Mind & Soul)

CATEGORY	OCTOBER to MARCH		AUGUST to SEPTEMBER		APRIL to JULY	
	14 Nights		14 Nights		14 Nights	
	Double	Single	Double	Single	Double	Single
A/C Superior Deluxe	4158	2716	3416	2114	3318	2030
Non A/C Superior Deluxe	3962	2520	3234	1946	3136	1876
A/C Deluxe	3864	2422	3234	1946	3136	1876
Non A/C Deluxe	3654	2240	3052	1792	2954	1708
A/C STD Deluxe	3444	2058	2954	1708	2954	1708
Non A/C STD Deluxe	3234	1876	2772	1540	2772	1540

BEAUTY CARE PROGRAMME

CATEGORY	OCTOBER to MARCH		AUGUST to SEPTEMBER		APRIL to JULY	
	10 Nights		10 Nights		10 Nights	
	Double	Single	Double	Single	Double	Single
A/C Superior Deluxe	2830	1870	2220	1400	2150	1340
Non A/C Superior Deluxe	2690	1730	2090	1280	2020	1220
A/C Deluxe	2620	1660	2090	1280	2020	1220
Non A/C Deluxe	2470	1530	1960	1160	1890	1100
A/C STD Deluxe	2320	1400	1890	1100	1890	1100
Non A/C STD Deluxe	2170	1270	1760	990	1760	990

PER DAY PACKAGES

CATEGORY	OCTOBER to MARCH		AUGUST to SEPTEMBER		APRIL to JULY	
	Double	Single	Double	Single	Double	Single
A/C Superior Deluxe	263	177	210	134	203	128
Non A/C Superior Deluxe	249	163	197	122	190	117
A/C Deluxe	242	156	197	122	190	117
Non A/C Deluxe	227	143	184	111	177	105
A/C STD Deluxe	212	130	177	105	177	105
Non A/C STD Deluxe	197	117	164	93	164	93

PACKAGES INCLUDE ACCOMMODATION : AYURVEDIC TREATMENT, YOGA, FULL BOARD VEG. FOOD & ALL GOVT. TAXES

STRESS MANAGEMENT INCLUDES YOGA & MEDITATION.

Supplement Charges - X'mas and New Year celebrations, compulsory participation. Per head per event 50 EURO (No Commission)

HEALTH CARE PROGRAMME

BORN TO WIN : (21 Days 945 Euros)

This is a special treatment to stimulate the vital points of the body. The traditional knowledge of vital points and the usage of acupressure in a holistic manner is the essence of this treatment. This treatment would energize the vital aspects of the body to attain equilibrium of Vatha, Pitha and Kapha (Three Doshas) thus acquiring a temperance of mind to become more successful in life.

REJUVENATION THERAPY : (Rasayana Chikilsa 14 Days 630 Euros)

This treatment is a body massage done with hand and foot (the masseur balancing on a rope) using a medicated oil or cream. The therapy is 90 minutes to 2 hours a day depending on one's structure of the body for 7 to 14 days. The treatment is good to rejuvenate the mind, body and soul, to tone up the skin and to strengthen the body systems to achieve an ideal health and longevity.

YOU AND YOUR SPINE : (15 Days 975 Euros)

This is an exceptional package for spinal problems. This treatment will strengthen the back muscles and prevent the degeneration of bones. It will also prevent nerve compression which is a significant aspect and problem to many. This treatment is very good for Spondylosis, post traumatic problems (accidental) sports injurious etc. The treatment includes Body Massage, Spehapanam (ghee intake), Virechanam (purgation), Kadi Vasthi (lower back treatment), Sneha Vasti (oil enema), Kashaya Vasti (decoction enema), Pizhichil (oil bath), Gnavarakizhi (medicated rice pudding application) etc.

STRESS MANGAGEMENT (BODY, MIND AND SOUL) : (14 Days 910 Euros)

This is a downright stress reliever with a combination of Yoga, Meditation & Ayurveda in a holistic approach. Through this program one's body and mind are purified. It is a 14 day package to help attain a relaxed state of mind. The treatment includes rejuvenation massage (a hand and foot massage) Sirodhara (pouring of medicated oil/milk/butter milk/ over the forehead in a rhythmic manner), Gnavarakizhi (medicated rice pudding application), talam (medicated herbal paste applied on the forehead), herbal steam bath, application of herbal pack, intake of herbal medicines and so on.

5. BODY IMMUNIZATION / ANTI-AGING TREATMENT: (28 Days 1400 Euros)

This is a prime treatment in Ayurveda for reducing aging process, arresting the degeneration of body cells, and immunizes the body system. Giving Rasayana (special Ayurvedic medicine) internally is the main part of this program based on Panchakarma and Swetakarma treatment. The package includes Body Massage, Snehapanam (ghee intake), Vamanam (emesis therapy), Virechanam (purgation), Nasyam (nasal medication therapy), Sneha Vasthi (oil enema), Kashaya Vasthi (decoction enema), Pizhichil (oil bath), Gnavarakizhi (medicated rice pudding application), Tharpanam (collyrium), Sirovasthi (herbal preparation medicated oil/ decoction poured in a cylindrical cap fixed and kept atop the head for a specific time as prescribed by the doctor), Karnapooranam (ear cleansing therapy) and medicated steam bath.

6. SLIMMING PROGRAMME : (28 Days 1316 Euros)

This program includes massage, intake of herbal juice, herbal preparation as advised during the period by the doctor. There are two types of massages.

A. Medicated Herbal Powder Massage

B. Medicated Herbal Oil Massage

7. BEAUTY CARE PROGRAMME : (10 Days 480 Euros)

Beauty Care Program is a massaging process with oil, powder and cream. Intake of herbal tea, application of body pack and face pack are also part of the program. The concept increases the skin complexion and beautifies the figure.

8. (A) PANCHAKARMA CHIKILSA: (Full Course 51 Days 2295 Euros)

The 51 day program is an intensive preparation procedure for Panchakarma. In the process of purification of the body to attain a proper balance of the three doshas "Vata, Pitta and Kapha" based on Panchakarma treatment. The package includes Body Massage, Snehapanam (ghee intake), Vamanam (emesis therapy), Brahma Vasti (decoction enema), Sirodhara (pouring of medicated oil/milk/butter milk/ over the forehead in a rhythmic manner), Pizhichil (oil bath), Gnavarakizhi (medicated rice pudding application), Tharpanam (collyrium), Karnapooranam (ear cleansing therapy), Body Pack, Anjanam (cleansing of the eyes), Gandoosham (holding medicated preparation in one's mouth for teeth, gum and mouth problems) and medicated bath.

(B) **PANCHAKARMA PROGRAMME:** (30 Days 1350 Euros) This is the same as stated above in 8A. The preparations are less intensive.

9. BODY PURIFICATION THERAPY: (Shodna Chikilsa 15 Days 675 Euros)

This is also a process of purifying the body to attain a proper balance of Vatha, Pitha and Kapha by Panchakarma. This will also purify the Doshas of the mind namely Satwa, Rajas and Thamas. The 15 days package may include body massage, Snehanam (ghee intake), Vamanam (emesis therapy), Nasyam (nasal medication therapy), Virechanam (purgation) Sneha Vasti (oil enema), Kashaya Vasthi (decoction enema), Pizhichil (oil bath), Gnavaarakizhi (medicated rice pudding application), Tharpana (eyes cleaning therapy), Sirovasthi (head therapy), Karnapooranam (ear cleansing therapy) and medicated steam bath.

SPECIAL TREATMENTS


1. Psoriasis	5. Mental Tension, Stress
2. Bronchial Asthma	6. Arthritis and Associated Ailments
3. Tropical Eosinophilia	7. Acidity and Associated Ailments
4. Infertility	8. Immuno deficiency disorders

COURSES CONDUCTED HERE (Throughout the Year)

1. Massage course	15 days (30 Hrs) 1000 Euros
2. Know How of Ayurvedic Principles	1 Month (60 Hrs) 1000 Euros
3. The Principles of Panchakarma Treatment	1 Month (120 Hrs) 1750 Euros
4. Yoga Teaching Training Course	1 Month (90 Hrs) 1050 Euros
5. Ayurvedic Cooking Course	15 days (30 Hrs) 300 Euros

* Duration and course of the treatment may vary according to the direction of the doctor.

* Process may change depending upon one's body conditions.



Ayurveda is a health science, the oldest and most complete healing system known today. The word Ayurveda is derived from two Sanskrit terms, literally meaning: **The knowledge of life**. At the heart of Ayurveda lies the concept of Three '**doshas**': **Vatha, Pitha and Kapha**. These doshas are present in everyone and the predominance of one over another determines one's body type and constitution. Balancing the three harmoniously, will promote a healthy body and mind. India's Sages prescribed Ayurveda several millennia ago and it is now gaining popularity throughout the West as its systems are more relevant than ever in treating the diseases of the modern age. This holistic treatment involves various types of massages, oil applications, inhalations, diet and natural medicines. Your personal treatment plan will be prescribed after your initial consultation. The Beach and Lake Ayurvedic Resort is open throughout the year. We wish to provide the following individual Ayurvedic therapies and Yoga sessions for the convenience of our short-stay guests.

INDIVIDUAL THERAPIES

Sl.No	AYURVEDA Programmes	Rate in Euro
1	Rejuvenation Massage	25
2	General Massage	18
3	Medicated Steam Bath	10
4	Sirodhara	27
5	Kizhi (Whole Body)	20
6	Face Pack	10

YOGA

1	Yoga per session	7
2	Yoga and Meditation per session	17
3	Yoga and Meditation (Individual attention)	20

For details contact Reception

FACILITIES

- All rooms are having sea/lake (river) facing view
- Ayurveda Clinic & Treatment
- Kalaripayattu (Kerala Martial Arts)
- Backwater Cruise
- Restaurant Serving all Cuisine
- Money Changing
- Major Credit Cards Accepted
- Tour and Travel Division
- Safe Deposit Locker
- Room Service | Laundry
- Baby Sitting
- Refrigerator | Television
- 24 hours Hot Water
- Pick up/drop, from/to Airport/Railway Station (Trivandrum)
- High speed internet browsing in the room
- Wifi | ISD | Fax
- Indoor Games
- Peddling and Canoeing
- Bird Watching etc.
- Backwater trip two hours Rs. 400 (per person)